

The Pelvic Floor Dysfunction Clinic at the Physical Therapy Clinic /VAMC Northampton, MA

Consults or inquiries to our clinic are related to the following needs:

's Services:

Prenatal and Postpartum

- Back pain
- Neck pain
- Carpal Tunnel Syndrome
- Rib pain
- Painful varicose veins
- Episiotomy pain or scarring

Pelvic Pain/Muscle Spasm Syndromes

- Vaginismus, anismus, myofascial pelvic pain
- Dyspareunia
- Painful scars from surgery or delivery
- Interstitial cystitis
- Constipation
- Pudendal Neuralgia
- Scar pain: surgical scars, episiotomy

Pelvic Muscle Weakness Syndromes

- Urinary incontinence
- Incontinence of feces or flatus
- Urinary urgency and frequency
- Mild prolapses
-

's Services:

Pelvic Muscle Weakness Syndromes

- Urinary incontinence
- Incontinence of feces or flatus
- Urinary urgency and frequency
- Post-Op prostatectomy

How to Reach Us

413-582-3034

Physical Therapy Clinic in
the Basement of Building
One/ VAMC Nhm

Providers: How to consult
to our service:

For ♂ : Enter a regular PT
Consult under the PM&R
Tab (Pls. write in PFD
eval)

For ♀ : Enter a PT Pelvic
Floor Dysfunction Consult
under the PM&R Tab.

*If you are a patient and
interested in this service,
please discuss this with
your primary care
provider.*

Our Patient Education Handouts:

*A sampling of available
handouts for use in your office
by calling 413-582-3034*

- Aches and Pains of
Pregnancy
- Postpartum Aches and
Pains
- Urinary Incontinence
- Bowel Problems
- Sexual Pain
- Chronic Pelvic Pain



When to Refer to Physical Therapy:

The patient has difficulty with *activities of daily living* related wholly or partly due to **PAIN or RESTRICTION in muscle, joint, soft tissue or fascia including adhesions and scars**. These are called *functional limitations*

Activities of Daily Living (ADLs) include: Sitting, standing, walking, exercise, driving, personal hygiene, dressing, working, sleeping, housework, taking care of children, sexual intercourse, and toileting appropriately.

Physical Therapy Evaluation

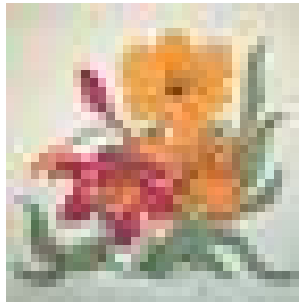
Individualized for each patient: focus on muscle, fascia, and joint restrictions, weakness or laxity.

Treatment includes one or more of the following

- Manual therapy
 - Myofascial release
 - Massage
 - Joint mobilization
 - Manual stretching
 - Scar massage
- Therapeutic exercise individualized to the patient
- Biofeedback for pelvic floor muscle re-education
- Electrical stimulation for pain or to enhance muscle contraction
- Intra-vaginal or intra-rectal electrical stimulation for urinary urgency or incontinence
- Use of dilators/vibrators for sexual pain
- Therapeutic ultrasound for muscle pain, spasm, scars
- Set patients up with home units if needed

Did you know?

40% of women are doing Kegel exercise incorrectly without individualized instruction.



Patient / Family Education

Written instructions or illustrated booklets are given specific to diagnosis

- Comfort Measures and Activities of Daily Living: use of heat, ice, resting positions, body mechanics, postural alignment, ergonomic recommendations.
- Home Program: individualized exercise prescription, myofascial stretching
- Recommendations for nutrition and/or hydration as appropriate to condition and within the scope of physical therapy practice.
- How to use home units for biofeedback or electrical stimulation if indicated